

**My Companion**  
**by Sophie Fisher**

I feel my will shake like the fear inside of me  
You have lit a fire I can not put out  
When I was little I wanted fire  
Fire so hot it would burn those who hurt me to the ground  
But I didn't realize it would burn me too  
I feel frustrated, so awful  
My hate splashing against the walls of my consciousness  
Trying to find its way to their darkness  
Hate is like a virus  
The people you hurt with your hate  
Turn hateful too  
Pain is generational  
Seeping through the foundation  
It is woven into every strand of our DNA  
A diseased family tree  
The roots slithering through the infertile soil  
Pumping tears to weltering leaves  
As a child, I couldn't see the scars  
Just the pain  
Now I know that the pain seeps into every crack and wound  
Enriches the insecurities and anxieties  
We are just lost people in a lost world  
Sometimes, I feel guilty  
To feel pain  
When it's not my pain to feel  
We all wonder how far we can run from the pain of the past  
Or will it always be close by  
An old friend  
A companion to take to my grave